



Virginia Tech, VT Foundation leaders win 2024 Women in Leadership Awards

When retired Justice Elizabeth A. McClanahan talks with people about how to achieve success, her counsel is straightforward: "Show up with passion, say yes to every viable career opportunity that comes along, and take the initiative to pursue these opportunities."

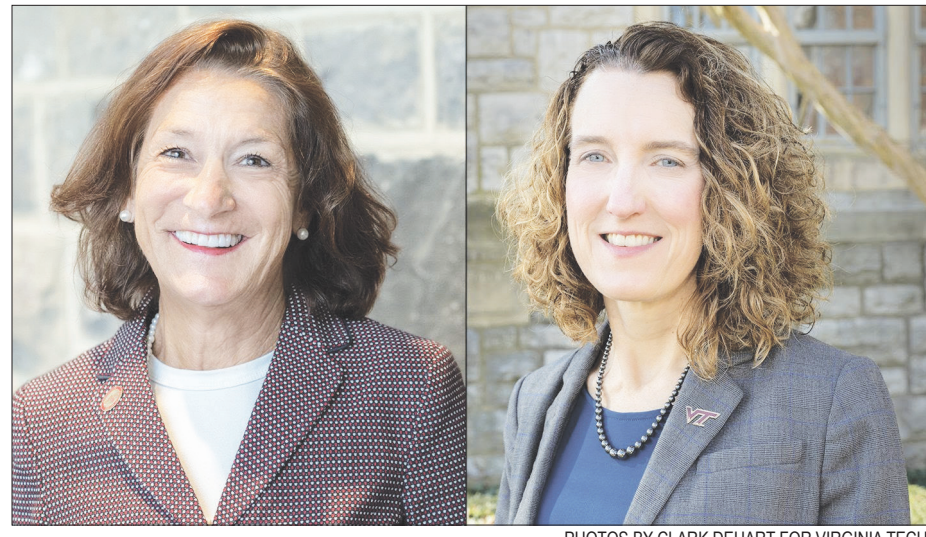
Amy Stoakley Sebring recommends "looking for opportunities to stretch yourself and bring potential solutions forward to decision makers." She also advises communicating effectively to make complex matters readily understandable to others. "Communication," she said, "is a skill you can never overdevelop."

Both McClanahan, chief executive officer of the Virginia Tech Foundation Inc., and Sebring, Virginia Tech's executive vice president and chief

operating officer, received 2024 Women in Leadership Awards from Virginia Business, joining a cohort of 38 women chosen from a pool of more than 250 nominees.

All of the award winners work in Virginia and hold C-suite or equivalent positions. They have all demonstrated exceptional professional achievements, broken glass ceilings, mentored others, engaged in civic work, and brought leadership skills to nonprofit and company boards, according to Virginia Business.

McClanahan credited others who helped her for a wide range of opportunities in her career, which spans



PHOTOS BY CLARK DEHART FOR VIRGINIA TECH

See Leadership, page 3 (From left) Elizabeth McClanahan and Amy Stoakley Sebring.



PHOTO COURTESY OF TRACTOR SUPPLY COMPANY

Veteran Ashley Frederick (second from left) receives her grant from Tractor Supply Company personnel.

Tractor Supply Company awards grant to Christiansburg veteran to support farming venture

Tractor Supply Company and the Farmer Veteran Coalition (FVC), have awarded veteran Ashley Frederick, of Christiansburg, \$1,000 to support her farm, Hillside Haven Flower Farm.

The grant is part of Tractor Supply's \$100,000 donation to FVC's Fellowship Fund, which provides direct assistance to veterans in their beginning years of farming or ranching. Frederick is one of 50 veterans to receive a

\$1,000 Tractor Supply gift card to purchase items crucial to supporting their farm business. The Tractor Supply Company Foundation has also awarded an additional \$50,000 to FVC to benefit farmer veterans through grants and programming.

"Our longstanding support for veterans is rooted in our mission and values," said Marti Skold-Jordan, manager of the Tractor Supply Company Foundation. "Agriculture offers a sense of

purpose and opportunity ideally suited for veterans beginning new careers. Through our donation to the Farmer Veteran Fellowship Fund, Tractor Supply is honored to support these new farmers by providing them with the supplies, equipment and materials that are critical to their success."

Hillside Haven Flower Farm is a flower and fruit tree farm.

See Farming, page 3

Local Jam mural receiving fanfare

Downtown Blacksburg has a new house band for the ages with local artist Rita Brame just adding the finishing detail to 16 Blocks presents: The Local Jam - A Downtown Mural Celebrating Music Performance in the New River Valley.

The artist's three-week mostly solo-process created a local viral social media sensation and traveling destination spot already with mural seekers anxious to see the 800-square-foot mural, located at 209 Draper Road Blacksburg, coming less than a month after the ribbon-cutting for Coffeeholics gargantuan-sized "Neon Owl" across the street.

Brame is a Radford and Floyd native and graduated from Radford University with a BFA in Painting and received an MFA from Winthrop University in Sculpture. She is a lifelong professional artist and designer, and the magazine's Creative Director and Cover Artist.

"This was a difficult concept to pull off for many reasons, the sheer size and scope and tricky wall," said Brame. "We smoothed the surface the best we could with a pressure washer and then sanding before laying down base coats. I kept the raccoon from St. Germaine's piece and put him on the old plaque."

"In my paintings/drawings of downtown Blacksburg I aim to preserve a moment in

time and to capture a celebration of all that is good in a community," she added.

16 Blocks Magazine is the nonprofit organization that produces the bi-monthly print and online arts and culture magazine covering Southwest Virginia. Creating public artworks has been a tradition for the magazine (the previous mural from 2013 was a 16 Blocks 1.0 Co-Production), and The Local Jam follows up Rita's artistic decoration of the Stella Rose Outdoor Piano under the tents beside the mural in Fall 2023.

"I would expect a fresh crop of excellent musicians and performers and artists of all sorts coming out of and into Blacksburg for years to come due to the welcoming nature of the outdoor piano and the hallow depiction of players at work in live music creation," said Hart Fowler, director of 16 Blocks.

"The quality of the materials provided by local corporate sponsors makes the immaculate color design lasting power and pop in a way that can give a different perspective from five, 50 or 500 yards, and probably could be seen from space with a clear line of sight. Up close and at eye-level the detailed poses of the musicians and their instruments shows the technicality, craft, personality, and feeling

See Mural, page 3

Art at the Market held in Blacksburg



PHOTO BY ANGELICA RAMOS

Black Snake Farm's plant stand at the Blacksburg Farmers market.

Angelica Ramos

Contributing writer

BLACKSBURG- The Farmers Market in Blacksburg was buzzing this weekend with the addition

of the Art at the Market event hosted by Downtown Blacksburg Incorporated.

Art at the Market added art vendors to the Blacksburg Farmers Market

with local artisans showing their beautiful work from stained glass to paintings to woodworking. Residents

See Market, page 2

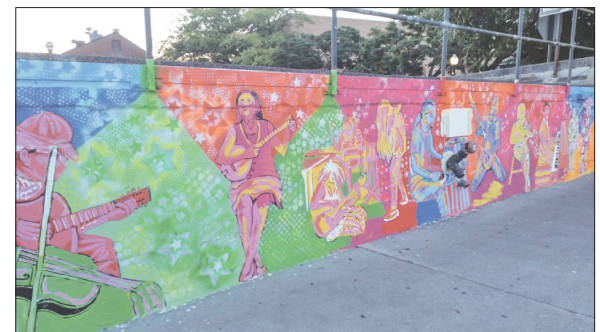


PHOTO COURTESY OF 16 BLOCKS

Radford native Rita Brame's mural depicting a music jam session is receiving a lot of attention from visitors to downtown Blacksburg.

MEMORIAL GARDENS of the NEW RIVER VALLEY invites you to our beautiful cemetery.

Private Walled Estates, Currently Under Construction It's not just what your legacy will be, it's where.



UPCOMING EVENTS

Wednesday, July 17:

Blacksburg Farmers Market

At Market Square Park, 100 Draper Rd SW, Blacksburg; 2 – 6 p.m. The Blacksburg Farmers Market is a local, family-friendly gathering place in downtown Blacksburg featuring farmers of locally grown produce and meats, alongside artisans of baked goods and handmade crafts. For more information, visit <http://blacksburgfarmersmarket.com>.

Market Square Jam

Blacksburg's Market Square Jam is an official Crooked Road affiliated venue that provides fun and entertainment on Wednesday evenings, June through September. The Jam takes place at Market Square Park from 7-9 p.m. For more information and a list of hosts, please visit blacksburg.gov/marketsquarejam.

Thursday, July 18:

Sons of Confederate Veterans meeting

The Sons of Confederate Veterans, Stuart Horse Artillery Camp 1784 will meet at 7 p.m. at Aly's Italian Family Restaurant on 3204 Riner Road. Members of the United Daughters of the Confederacy (UDC) are also invited to attend. Member Seth Gravely will speak on the "29th Virginia Infantry Regiment". For further information, please call 540-320-4315 or 540-239-9864.

Saturday, July 20:

Blacksburg Farmers Market

At Market Square Park, 100 Draper Rd SW, Blacksburg; 8 a.m. - 2 p.m. The Blacksburg Farmers Market is a local, family-friendly gathering place in downtown Blacksburg featuring farmers of locally grown produce and meats, alongside artisans of baked goods and handmade crafts. For more information, visit <http://blacksburgfarmersmarket.com>.

Radford Farmer's Market

Every Saturday through October; 9 a.m. – 1 p.m.

on the grounds of Glencoe Mansion, 600 Unruh Dr. Visit weekly for an ever-changing supply of homemade goodies, crafts, plants, meats, produce, and more.

Sunday, July 21:

Vintage Market

At Market Square Park, 100 Draper Rd SW, Blacksburg; 10 a.m. - 5 p.m. The market is made up of a carefully chosen group of vendors selling a wide selection of quality vintage items, upcycled crafts, and occasional antiques. For more information, visit blacksburgfarmersmarket.com/vintage-market/.

Monday, July 22:

Montgomery County Board of Supervisors meeting

Public meetings are normally held the second and fourth Monday of each month at the Montgomery County Government Center, 755 Roanoke St. in Christiansburg. Closed sessions begin at 6 p.m. if needed. Open sessions begin at 7:15 p.m. Citizens are invited to attend and allowed to speak at each meeting. All regular meetings of the Board of Supervisors are rebroadcast on Montgomery County Comcast and Shentel Channels 190 daily.

Tuesday, July 23:

Blacksburg Town Council meeting

The council meets in regular session the second and fourth Tuesdays of each month at 6:30 p.m. in the Roger E. Hedgepeth Chambers of the Blacksburg Municipal Building, 300 S. Main St. These meetings are open to the public and televised live on WTOB Channel 2.

Christiansburg Town Council meeting

Regular town council meetings are held on the second and fourth Tuesday of each month beginning at 7 p.m. in the Council Chambers of Town Hall (100 E. Main St.). The public is welcome and encouraged to attend, with a citizen hearing time reserved at each meeting for residents to bring any matter they desire

before the entire council.

Thursday, July 25:

Thursday night indoor concert

Concert will be held at the Blacksburg Presbyterian Church, 701 Church St. SE. "A Treasury of English Music," music by Handel, Purcell, and others. This event is a community sing. Rehearsals began on July 1. Contact the Blacksburg Presbyterian Church to get involved.

Friday, July 26:

Spaghetti Dinner Fundraiser

Please join the Pilot Community Center for a Spaghetti Dinner Fundraiser; 5-7 p.m. Pilot Community Center, 4449 Brush Creek Road, Pilot. The meal is \$10 per plate and includes spaghetti, bread, salad, and a drink. Dine-in or take-out available. We'll also have a 50/50 raffle! For more information call 540-382-6537.

Friday, July 26 - Sunday July 28:

Mary Draper Ingles Festival

Multi-day festival in multiple locations featuring tours of historic landmarks, exhibits, historical interpreters, vendors, live music, performances and more. For the full schedule, go to www.glencoe mansion.org/mdifestival or phone (540) 731-5031.

Historic Smithfield's 250th anniversary

Commemoration event will include tours of the grounds and gardens, panels discussing the histories of everyone who lived on the property, a dedication of the Merry Oak Bench, activities for the little ones and book signings from authors who have written on local history. There will also be a Reunion Mixer at the Smithfield Pavilion with a welcome video and speech. For a complete schedule go to www.historic smithfield.org.

Market

from page 1



PHOTO BY ANGELICA RAMOS

Residents enjoy the Art at the Market and local produce vendors.

It's not just what your legacy will be, it's where.

Every life story deserves the perfect setting...



Memorial Gardens of the New River Valley is dedicated to honoring your faith, heritage, & family, now & for future generations. Please contact us today for more information on starting your family's legacy at Memorial Gardens of the New River Valley, designed to be as diverse as our community. The NRV's only locally family owned cemetery, giving us the freedom to meet each family's unique needs.



MEMORIAL GARDENS of the NEW RIVER VALLEY
2551 North Main Street, Blacksburg
(540) 552-7800 • www.memorialgardensnrv.com
aburnette@memorialgardensnrv.com

enjoyed walking through stalls of fresh local produce, local business booths and the art as well. Residents walking through the market were chatting with vendors, fellow community members and enjoying breakfast bagels. Many enjoyed mimosas while listening to local live music. The local farmers' stalls were full of colorful and fresh goods from herbs to fruit to in season vegetables. Residents could even buy clothing, tote bags and Hokie gear at some booths.

The event was hosted by Downtown Blacksburg Incorporated and was sponsored by New River Art and Fiber, the Moss Arts Center, Roots Realty Group and more local sponsors.

The farmers market was from 8 a.m. – 2 p.m. Residents were happy and enjoying the wonderful weather but the attendees who maybe most

enjoyed being at the market were the four-legged friends who enjoyed walking through the crowds, laying in the shade and being amongst the community. The community enjoyed art from Odd Fox Pottery, Scallywag Letterpress, and Iron and Oak. There was also a kids' art tent for the little ones so that they could have the opportunity to create and learn. This event gave residents the opportunity to not only shop locally but support the small businesses and artisans that are in their community.

The Blacksburg Farmers Market is every Wednesday and Saturday throughout the rest of the year at Market Square Park on Draper Road. They always host vendors that encourage residents to eat, shop and support local businesses to help foster closer ties between the town and those businesses who thrive there.

Pursuit of happiness: Expert shares tips on achieving joy amidst life challenges



IMAGE COURTESY OF PIXABAY

Americans have been experiencing a decrease in overall happiness and the U.S. Surgeon General has announced loneliness and isolation are national epidemics. Experts say this is due to social isolation, lack of physical activity, decreased leisure time outside, and economic concerns all playing a part. Virginia Tech health and wellness expert Samantha Harden shares her ways to flip the script.

“Happiness is a fleeting emotion, contingent upon many external factors working in concert,” says Harden. “Life is full of change, which impacts overall health and well-being, called flourishing.” Harden points to the six domains of flourishing which include:

- Happiness and life satisfaction
- Mental and physical health
- Meaning and purpose
- Character and virtue
- Close social relationships
- Financial and material stability

“There is a call to action for our healthcare and educational systems to embrace the biopsychosocial-spiritual model to promote human flourishing across the lifespan,” says Harden. She suggests making a routine of positive activities to benefit overall flourishing. “Engage in movement that brings you joy, go outside, put a time limit on screen time, and stay connected with loved ones by voice or face.”

Exercise also increases happiness. “Remember that all movement counts - gardening, throwing a ball with your dog, sitting to standing a few times from your desk, as well as structured physical activity like a group fitness class or a strength-training routine.”

Harden stresses the importance of putting a time limit on apps to reduce screen time. “A time limit can cue

you into when you’ve been mindlessly scrolling. Don’t forget, social media uses the same scroll technique as slot machines, literally meant to addict you.” She recommends that we look outside before looking at a screen every day and following the 20-20-20 rule. “Look 20 feet from your electronic devices for 20 seconds every 20 minutes. This is easier said than done, so try using the phone as an accountability buddy at first. Set a timer and you’ll realize how long it has been since you gave your eyes and mind a break.”

“Just like small movements throughout the day add up to meet your physical activity goals, small gestures of genuine connection can be a cure—as simple as the 5-minute phone call with a loved one,” says Harden.

Harden emphasizes the importance of supportive leadership in career paths that contributes to improved happiness. “Role clarity, boundaries, and finding purpose in what you do. If you struggle to identify your job as fulfilling your “purpose,” volunteer and tap into your skills and passions to serve the greater good.”

Harden says that outside of our jobs, there is also a lot of emergent evidence that self-care through presence and healthy boundaries leads to greater time and interest in prosocial behaviors.

“Evidence suggests that self-care leads to the opposite of selfishness.”

“Part of the cyclic nature that makes “happiness” so challenging is that people think the answer is in one more tip sheet, podcast, or conversation when you are not a problem to be fixed. Don’t get addicted to healing or changing. Lean more into acceptance.”

Virginia Tech

Leadership from page 1

law and higher education. After nearly 20 years working in private legal practice, McClanahan became Virginia’s chief deputy attorney general and then went on to serve a combined 16 years on the Court of Appeals and as a justice of the Supreme Court of Virginia. She retired from the bench in 2019 and became president and dean of the Appalachian School of Law. In 2020, she was named CEO of the foundation. McClanahan teaches “Legal, Financing, and Ethical Issues for Entrepreneurs” at Pamplin College of Business.

Throughout her career, McClanahan said she’s relished seeing young people achieve their dreams. And in her current role, she appreciates the foundation’s visionary focus on building opportunities to educate generations to come.

“Education is what opens the doors for upward mobility for people in the U.S.,” she said.

Sebring, who describes herself as a “servant leader,” has a lengthy list of responsibilities, including oversight of

the university’s administrative, financial, physical, technological and operational infrastructure, as well as support for its teaching, research, and outreach missions. She joined Virginia Tech in 2022 and has already had impact, working to expand Virginia Tech’s role in Roanoke as a hub for health sciences innovation and education, serving on the university’s Northern Virginia Steering Committee as the university expands its presence in the region, and developing a team that can deliver and sustain the enabling infrastructure that will support the university’s top strategic priorities regardless of location.

During her 25-plus-year career in government and higher education, Sebring previously worked at Virginia Commonwealth University and William & Mary after having served in nonpartisan staff positions in both the executive and legislative branches of Virginia government.

Mark Owczarski for Virginia Tech

Mural from page 1

on full-display.”

The mural runs the wall to the corner of Jackson Street and Pedestrian Only Draper Block in the center of downtown Blacksburg and features over 20 players poised throughout a vibrant and surreal backdrop.

There will be an

official ribbon-cutting in late July at the mural and event under the tents at the Stella Rose Outdoor Piano, and live event at The Burgs Restaurant. For more information visit 16blocks.org, #ritabrame.art, facebook.com/16blocksmagazine, Youtube

@16blocksvideo.

Staff Report

All Positions Available, SALE REP, ACCOUNTANT and MANY MORE

- Bookkeeper • Cashier • Payroll
- Customer Service
- Account Coordinator
- Finance • Business • Marketing
- Admissions Representative
- Office Clerk • Help Desk Assistant

As part of our expansion program, our company is looking for part time Work from home Account Manager and sales representatives, it pays \$1700 monthly plus benefits and takes only little of your time. Please contact us for more details. Requirements - Should be computer literate. 2-3 hours access to the internet weekly. Must be over 24yrs of age. Must be Efficient and Dedicated. If you are interested and need more information, contact: Kenneth.bbraun.com@outlook.com for more details.

OBITUARY

Smart, Tony Michael

Tony Michael Smart, 73, of Fairlawn, passed away Thursday, July 11, 2024. Born Oct. 16, 1950, he was preceded in death by his parents, Robert Lee and Opal Pauline Roseberry Smart; son, Terry

Michael Smart; and brothers, Robert Smart, Jr. and Charles “Chuck” Smart. Survivors include his daughter, Keisha Smart; sisters, Judy Hill (Charles) and Brenda Roope (Billy); and many

nieces, nephews, other family members and friends. Services will be private. The Smart family is in the care of Mullins Funeral Home & Crematory in Radford.

Virginia gas prices on the rise

Average gasoline prices in Virginia have risen 8.5 cents per gallon in the last week, averaging \$3.47/g today, according to GasBuddy’s survey of 4,081 stations in Virginia. Prices in Virginia are 10.8 cents per gallon higher than a month ago and stand 5.9 cents per gallon higher than a year ago. The national average price of diesel has risen 2.3 cents in the last week and stands at \$3.83 per gallon.

According to GasBuddy price reports, the cheapest station in Virginia was priced at \$2.94/g yesterday while the most expensive was \$4.19/g, a difference of \$1.25/g. The lowest price in the state yesterday was \$2.94/g while the highest was \$4.19/g, a difference of \$1.25/g.

The national average price of gasoline has risen 2.5 cents per gallon in the last week, averaging \$3.49/g today. The national average is up 5.2 cents per gallon from a month ago and stands 5.8 cents per gallon lower than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

Historical gasoline prices in Virginia and the national average going back ten years:

- July 15, 2023: \$3.41/g (U.S. Average: \$3.54/g)
- July 15, 2022: \$4.33/g (U.S. Average: \$4.55/g)
- July 15, 2021: \$2.97/g (U.S. Average: \$3.16/g)
- July 15, 2020: \$2.01/g (U.S. Average: \$2.20/g)
- July 15, 2019: \$2.54/g (U.S. Average: \$2.79/g)

- July 15, 2018: \$2.64/g (U.S. Average: \$2.87/g)
- July 15, 2017: \$2.05/g (U.S. Average: \$2.24/g)
- July 15, 2016: \$2.01/g (U.S. Average: \$2.21/g)
- July 15, 2015: \$2.57/g (U.S. Average: \$2.78/g)
- July 15, 2014: \$3.42/g (U.S. Average: \$3.60/g)

Neighboring areas and their current gas prices:

Roanoke- \$3.34/g, up 4.5 cents per gallon from last week’s \$3.30/g.

Richmond- \$3.51/g, up 14.6 cents per gallon from last week’s \$3.36/g.

West Virginia- \$3.45/g, up 6.3 cents per gallon from last week’s \$3.38/g.

“Much like last summer, the nation’s average price of gasoline has remained somewhat stuck in the mid-\$3 per gallon range with a mixed bag of prices: small declines in some states and modest increases in others as we wait for what could be the next major trend,” said Patrick De Haan, head of petroleum analysis at GasBuddy. “Hurricane Beryl had no major impact on prices, but some drivers in Texas had trouble finding gasoline due to power outages, a situation that continues to improve. For now, we’ll continue to see small price fluctuations as we await news of any hurricane-fueled refinery disruptions or other supply challenges as we head into the busiest weeks of the summer travel season.”

GasBuddy

Farming from page 1

With these funds, Ashley Frederick plans to gain traction and recognition in the community through social media and advertising. Prior to launching Hillside Haven Flower Farm, she served in the National Guard Branch of the military.

This is the sixth year Tractor Supply has partnered with FVC to assist farmer veterans from all branches of service as part of its ongoing commitment to veteran causes. Through the joint initiative, the Company has provided more than \$550,000 in gift cards and funding to FVC, assisting more than 350 farmer veterans nationwide.

“Agricultural start-ups can require the acquisition of substantial tools and equipment to become operational, so the continued support Tractor Supply provides is very much appreciated by our members and the communities they feed,” said FVC executive director Jeanette Lombardo. “TSC is not only a longtime supporter of the FVC, but daily they walk alongside our members as they grow and expand their operations. They have become an integral partner and assisting us in achieving our mission throughout the country.”

Fellowship winners are selected by a team of seasoned agriculture industry professionals. Applications were evaluated based on farm

training, experience and/or transferable skills, level of personal investment in their farm business and ability to show how an award will help grow their farm business. Applicants were also asked to share their vision for how their business would support their communities.

In addition to the FVC grant program, Tractor Supply honors military service members and veterans with discounts on Fourth of July and Veterans Day. Tractor Supply also supports military and veterans’ organizations year-round through programs and initiatives with Dogs on Deployment, paws4people, Operation Stand Down Tennessee, Folds of Honor. Additionally, TSC recently

launched its Hometown Heroes program, which honors military service members, veterans, and first responders with special benefits in TSC’s Neighbor’s Club loyalty program and Hero Holiday discounts. As part of TSC’s Hometown Heroes program launch, FVC was one of 10 organizations that each received \$100,000 in support of military service members, veterans, and first responders, emphasizing Tractor Supply’s commitment to Hometown Heroes causes.

To learn more about Tractor Supply’s FVC partnership, visit TractorSupply.com/Military.

Tractor Supply Company



Route 8 (Riner Road) Center Left Turn Lane Montgomery County

Find out about a project to construct 1,025 linear feet of center lane for vehicles to make left turns in either direction of Route 8 (Riner Road) in Riner in Montgomery County. The project includes installing 1,025 feet of curb and gutter along the northbound lane and 450 feet of curb and gutter along the southbound lane and reconstructing pavement and drainage structures.

Review the project information and National Environmental Policy Act document in the form of a Programmatic Categorical Exclusion at VDOT’s Salem District Office located at 731 Harrison Avenue in Salem, 540-387-5353 1-800-FOR-ROAD, or TTY/TDD 711. Please call ahead to ensure the availability of appropriate personnel to answer your questions.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Ankur Patel, Virginia Department of Transportation, 731 Harrison Avenue, Salem, VA 24153, on or prior to **August 1, 2024**. If a request for a public hearing is received, notice of date, time and place of the hearing will be posted.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you have questions or concerns about your civil rights in regards to this project or need special assistance for persons with disabilities or limited English proficiency, contact Ankur Patel at the phone numbers listed above.

UPC: 124095
State Project: 0008-060-891 M501, P101, R201
Federal Project: STP-5150-(242)
From: Route 669 (Fairview Church Road/Union Valley Road)
To: Route 671 (Five Points Road)

Food Service Marketing Specialist needed

Food Service Marketing Specialist needed by Phoenix Packaging Operations, LLC in Dublin, Virginia to measure the effectiveness of the company’s marketing strategies and campaigns of its food packaging products manufactured at the company’s facilities in Latin America. Create methods of data collection to develop strategies to increase customer conversions and identify potential markets. May work remotely from anywhere in the United States. Fluency in English and Spanish required. Interested candidates should submit resumes to **Brenda Flores, 4800 Lina Lane, Dublin, Virginia 24084. Reference code FSMS85 in response.**

OPINION

How might the 2024 presidential election impact markets?

History may offer clues

The 2024 presidential election is quickly approaching, and investors may be wondering if and how the outcome will impact the stock market and underlying investments. While every campaign cycle comes with its unique set of circumstances, we can turn to history as an indicator of how markets typically act in an election year. Here are a few trends investors should keep in mind.

Historic trends in election years. In general, market volatility trends higher early in an election year as candidates are being finalized and then again as the election nears, as investors react to the ebbs and flows of the news cycle and grapple with the unknown of what is to come. Following election day, as the winner becomes clear, market volatility levels tend to normalize.

The impact of incumbency. The candidate pool for presidency can further impact markets and volatility trends. Typically, volatility has been higher in election cycles where there has not been an incumbent in the running. Stock market returns have also been more favorable in years when an incumbent has been on the ballot, than when two non-incumbents have faced off. The 2024 election will be an interesting test of these trends, as it is the first rematch of presidential candidates since 1956, when sitting President Dwight D. Eisenhower defeated Adlai Stevenson for a second



**Josh Smith,
CRPC**

Ameriprise Financial Services, LLC

time.
Policy changes. Historically, market returns tend to be stronger in the first two years of a returning president's term as investors have experience with the administration's policies. Returning administrations generally have more experience navigating political barriers and may be better equipped to see policy through. How much any presidential administration can accomplish is limited by policymakers in Congress and local and state legislatures – and their political party make-up is a pivotal detail of election years. History has not been as kind to markets as the administration's second term passes its halfway point. During these last two years, there is limited time to implement policy, and investors and the American public may start looking ahead to the unknown policies of a new administration, becoming more sensitive to fiscal and policy uncertainty as the next election draws near.

Bottom line: Stick to the fundamentals and invest

for the long term. Political cycles can be intimidating to investors as they look to prepare for the uncertainty that comes with the election year and beyond. Regardless of the political backdrop, financial markets are principally driven by growth in the economy, corporate profits, and the direction of interest rates longer-term. Importantly, fluctuations in markets are normal, and it is usually beneficial to stick to the fundamentals. A diversified portfolio with a mix of different investments selected according to your goals and risk tolerance is key to avoiding potential overexposure to unnecessary investment risk. Diversification helps investors mitigate risks in their portfolios that may be caused by geopolitical circumstances, election volatility, or policy changes.

It is normal for emotions to run high as you anticipate the uncertainty that an election, or an administration's policies, may have on the economy or your portfolio. As an investor, it is understandable to consider the impact of an election on your investments, but remember it is only one short-term factor. Review your investment strategy and financial plan with a financial advisor who can help you stay attuned to your long-term goals.

1 – Ameriprise Financial: "Committee Perspectives: U.S. Election Guide" May 2024. Compiled by Ameriprise Global Asset Allocation Committee.

2 – Associated Press: "US has its first presidential rematch since 1956, and other facts about the Biden-Trump sequel" March 2024.

Delegate disagrees with enhanced sentence credits

Last week, Virginia Democrats held a press conference that highlighted the supposed "success" of enhanced earned sentence credits. What they won't talk about is how many Virginians have already been victimized by those let out of prison early.

The bottom line is that the Democratic effort to release dangerous felons from jail early is nothing to celebrate. Starting in 2020, Democrats have pushed through bill after bill that makes it possible for some violent felons to serve as little as half of their full sentences. The chance for early release comes regardless of whether or not the felon has a high risk of victimizing Virginians again. We already know that



**Delegate
Jason Ballard**

Virginia General Assembly

this happening again and again, and the statistics are publicly available to prove it.

In 2023, 2,725 enhanced earned sentence credit offenders were rearrested for new crimes, according to the Virginia Department of Corrections. Those crimes include: three capital murders, eight first degree murders, four second degree murders, 48 abductions, and 28 rapes and other felony sexual assaults. As of the end of the 2024 Regular Session, some 1,334 offenders released on enhanced earned sentence credits in 2023 have been convicted of a new crime or probation violation. This shows that the program is not working, and instead of pivoting away from this method of criminal justice reform, Democrats intend to double-down on the failed policy.

The initial program was bad enough. But thanks to Democratic actions in the 2024 budget, roughly 7,000 additional violent felons will be eligible for shorter sentences now. Republicans have warned Democrats again and again that this aggressive program of sentence reduction will get people hurt or killed. Attorney General Jason Miyares warned the legislature earlier this year, "Allowing such a practice is not justice, and it's not safe."

Rehabilitation of those serving time in prison is a worthy goal, and some prisoners may indeed exit the corrections system with a new outlook on life. However, it is not fair to victims of crime – nor the public at large – to arbitrarily cut sentences short. Especially in the case of those who commit the most brutal and heinous crimes.

As the Delegate representing the 42nd House District in the Virginia General Assembly, your concerns are my greatest priority. If ever I may be of assistance to you and your family, please do not hesitate to reach out to me at DelJBallard@House.Virginia.Gov. You can also follow me on Twitter @JasonBallardVA or like my Facebook page, Jason Ballard for Delegate, to keep up to date with what I am doing in Richmond and in our community on your behalf.

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The News Messenger is a newspaper of, by and for the people of Montgomery County. We encourage letters from our readers on topics of general interest to the community and responses to our articles and columns. Letters must be signed and have a telephone number where you can be reached for verification. All letters will be verified before publication. We reserve the right to deny publication of any letter and edit letters for length, content and

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AARP Virginia fraud alert: Consumer fraud fight goes to the White House

Last year the Federal Trade Commission recorded \$10 Billion in reported fraud from U.S. consumers. Because fraud is underreported, we know that actual losses are much higher.

While education empowers older Americans to protect themselves, more is needed to eliminate this large-scale problem. That's why AARP advocates for bipartisan laws and regulations to strengthen consumer protections against scams on everything from illegal robocalls, to gift card regulations to cryptocurrency

scams and more. This work is done in state legislatures across the country, in Congress and even at the White House.

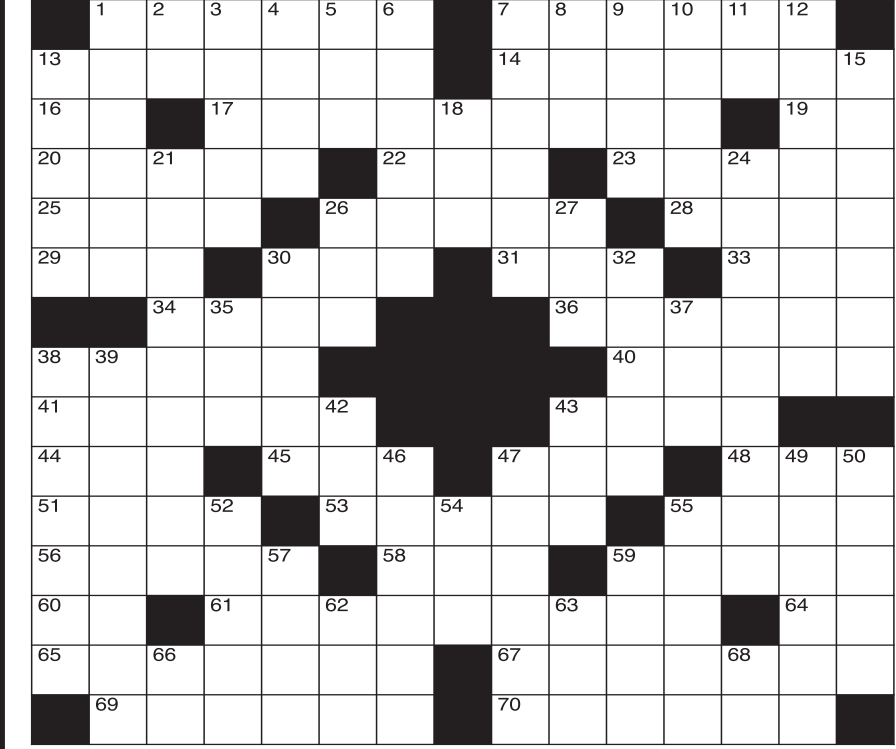
Earlier this year AARP joined White House officials and industry leaders in a meeting aimed at helping the federal government fight back against the use of artificial intelligence-enabled voice cloning to commit fraud. A virtual White House conference followed in June, with AARP again at the table. With fraud already at an epidemic level, the addition of

AI powered scams is alarming, which is why AARP is focused on advocating for a strong legislative response to this threat.

Already this year the Federal Communications Commission has moved to make it illegal to use AI voice cloning in robocalls targeting consumers. As a result, a scammer who cloned President Biden's voice to deceive voters in New Hampshire was recently fined \$6 million.

Virginia AARP

CROSSWORD PUZZLE



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| <p>CLUES ACROSS</p> <ul style="list-style-type: none"> 1. Eurasian shrubs 7. Strikes and rebounds 13. Group of advisers 14. Modern necessity 16. Top lawyer in the land 17. Philadelphia university 19. Of I 20. Functions as a laser 22. Basketball phenomenon 23. Famed island 25. Parent-teacher groups 26. Distributes 28. Self-immolation by fire ritual 29. Ad __ 30. Circulation problem (abbr.) 31. Brother or sister 33. A famous "Squad" 34. Stage actor Anthony 36. Violent seizure of property 38. Saclike cavities 40. Sound units | <ul style="list-style-type: none"> 41. Counts on 43. Dad 44. Woman (French) 45. A digital tape recording of sound 47. Polish Baltic peninsula 48. Recipe measurement 51. Requests out of dire need 53. Precious stone weight unit 55. The immaterial part of a person 56. Anoint 58. Golf score 59. Supernatural 60. Northwest Territories 61. Can be made suitable 64. A professor's helper 65. Having a toothlike edge 67. Got atop a horse 69. Judged 70. Static balance between opposing forces | <p>CLUES DOWN</p> <ul style="list-style-type: none"> 1. Flowing layer 2. Computer department 3. Lasts 4. DiFranco and Samsonyan are two 5. __ de sac 6. Merchant 7. Hosts film festival 8. State of agitation of fuss 9. A way to praise 10. Opaque gems 11. McKinley is one 12. Smallest interval in classical Western music 13. Famed designer Lauren 15. Occupies 18. Small island (British) 21. Misuse of the sacred 24. Covers with a thin sheet 26. Most valuable player 27. Title of respect 30. Investigated discreetly | <ul style="list-style-type: none"> 32. Belonging to the bottom layer 35. Black tropical American cuckoo 37. Music genre 38. Indicates one is in mourning 39. Secured forever 42. Bodily cavity 43. A dog is one 46. Chose to do something 47. Annoy persistently 49. Large hotel rooms 50. Beg 52. Docket 54. Subway dwelling rodent 55. Sources 57. Mild Dutch cheese 59. Spanish city 62. Consumed 63. Ballplayer's tool 66. Midway between north and east 68. Atomic #3 |
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Legals - Botetourt County

Order of Publication
Commonwealth of Virginia VA Code §§ 1-211.1; 8.01-316.20-104 Case No. **023CL24000234-00**
BOTETOURT COUNTY Circuit Court, COURTHOUSE, P.O. BOX 219, FINCASTLE, VA 24090
Commonwealth of Virginia, in re CARMEN OLIVIA GRACE JARVIS v. BRIAN IONA, JR.
The object of this suit is to: DIVORCE. It is ORDERED that BRIAN IONA, JR. appear at the above-named court and protect his/her interests on or before JULY 31, 2024.
JUNE 13, 2024
Joel R. Branscom, Judge
Tommy L. Moore, Clerk

Legals - Town of New Castle

ABC NOTICE
RCLC LLC., trading as CARPERS, 5178 CRAIG VALLEY DR., NEW CASTLE, CRAIG COUNTY, VA, 24127.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a RETAIL ON AND OFF PREMISES WINE AND BEER license to sell or manufacture alcoholic beverages.

ROBERT CARPER, OWNER

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals - City of Radford

TRUSTEE'S SALE OF PROPERTY
486 Waterworks Road, Radford, VA 24141
Tax Map No. 064-A 68, Parcel ID No. 020697

In execution of a Deed of Trust dated July 24, 2008, in the principal amount of \$73,280.45, recorded in the Clerk's Office of the Circuit Court of Montgomery County, Virginia, of record as Instrument Number 08008179, Woods Rogers PLC, Trustee, will offer for sale at public auction outside the main entrance of the Montgomery County Circuit Court, 55 East Main Street, Christiansburg, VA 24073, on July 30, 2024 at 12:00 noon, the property described in said Deed of Trust lying in Montgomery County, Virginia, and more particularly described as follows:

All that certain lot or parcel of land with all improvements thereon situate, lying and being in the Prices Fork Magisterial District of Montgomery County, Virginia, on Water Works Road, containing 2.1417 acres more or less as shown on a plat of same dated October 15, 1992, prepared by W. A. Davis, CE/LS, referred to as "Plat prepared for Bobby Wayne Southern, et al."

LESS AND EXCEPT: All that certain lot or parcel of land with all improvements thereon lying and being in the Price's Fork Magisterial District of Montgomery County, Virginia, and being all of Lot Two (2) containing 1.03 acres, conveyed to Alan K. Southern and Drema J. Southern by deed dated June 1, 1995 and recorded in the Clerk's Office of the Circuit Court of Montgomery County, Virginia, in Deed Book 876, Page 361 and as shown on plat of survey of record in Deed Book 876, Page 363.

TERMS: Cash - Bidder's deposit of ten percent (10%) of the sales price by cashier's or certified check may be required. Balance of

Legals - City of Radford

purchase price shall be due and payable not later than ten (10) days after sale.

WOODS ROGERS PLC, Trustee
For Information Contact: Woods Rogers Vandeventer Black PLC, P.O. Box 14125, Roanoke, VA 24038-4125, Telephone: 540-983-7729

ABC NOTICE

PIZZA HOUSE PARTNERS, LLC., trading as BRICK HOUSE PIZZA, 311 W. MAIN STREET, RADFORD, RADFORD CITY, VA. 24141.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a INDUSTRY BREWERY APPLICATION - CONSUMED license to sell or manufacture alcoholic beverages.

DIANA DOBBINS, MANAGING PARTNER

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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MONTGOMERY SPORTS

Basketball coach stepping down at Christiansburg



FILE PHOTO

Jacob Underwood has been the head coach for the Christiansburg High School girls' basketball team for the past two years.

Marty Gordon

NRVsports@ourvalley.org

Christiansburg High School is looking for a new girls' basketball coach as Jacob Underwood turned in his resignation this past week.

Underwood, who spent the past two years at CHS, which was his first as head coach, has been named to the same position at Ft. Chiswell.

Underwood had been with the girls' program for the past two and two previously with the boys' team.

In a social media post, Underwood said he left things better than he found them.

"Forever thankful and grateful for the opportunity to lead such a wonderful group of girls. I love them all and know they're going to continue to grow. We

fought every day to make this program into a winner," he said.

He took over at Christiansburg in 2022 and had compiled a 25-21 record, leading the team to the regional playoffs this past year. Underwood met with returning players at the school on Sunday.

Underwood has been heavily involved with the Extreme girls' travel program.

"I take the most pride in the relationships that I have made through basketball," he said.

The former coach said the past two years have been transformational in his life, and he will take pride in knowing that his staff and he gave everything possible to turn the (CHS) program back into a contender.

The school is expected to begin an immediate search for his replacement.

Big South moving basketball tourney to Johnson City



PHOTO COURTESY OF ETSU ATHLETICS

Freedom Hall opened in 1974 and is celebrating its 50th anniversary in 2024-25.

Marty Gordon

NRVsports@ourvalley.org

Johnson City, Tennessee will be home to the Big South Conference's men's and women's basketball tournament beginning in 2025 and stretching for two years with an option for 2027.

On Friday, the Big South Conference Council of Chief Executive Officers announced it is bringing the tournaments to the "Mountain South" and Freedom Hall Civic Center. The facility marks the league's sixth overall neutral site for its marquee basketball events in the conference's 40-year history. The agreement includes a mutual option for 2027.

"The Big South Conference looks forward to partnering with Johnson City in hosting a first class and memorable championship experience in the Mountain South for our basketball student-athletes," said Big South Commissioner Sherika A. Montgomery. "Representatives of Johnson City made it clear that attracting a premier sporting event was a priority. The Big South is confident that this partnership will showcase highly competitive basketball programs while creating brand exposure in this thriving region."

Located an average of three hours from the Big South's nine member institutions, including the closest in Radford University, Johnson City becomes the first location outside the conference's traditional footprint to host the basketball championships and will continue the league's staging of the combined tournaments that has occurred since 2022. The 2025 Hercules Tires Big South Basketball Championships are scheduled for Wednesday-Sunday, March 5-9 at 6,500-seat Freedom Hall. The conference's signature event has been conducted at the same site 12 times previously: 1997-98 (Lynchburg, Va. – campus), 1999-00 (Asheville, N.C. – neutral), 2001-02 (Roanoke, Va. – neutral), 2013-15 (Conway, S.C. –

campus), 2022-23 (Charlotte, N.C. – neutral) and 2024 (High Point, N.C. – campus).

"Today is a celebration of teamwork and our relentless pursuit of providing a positive and enriching experience for all of the athletes and fans who will travel to Johnson City for the Big South Basketball Championships," said Brenda Whitson, Executive Director of Visit Johnson City.

"The Big South's commitment to their student-athletes was immediately evident and something that was glaringly similar to our devotion to Johnson City and its residents," added Dr. Todd Fowler, Mayor of Johnson City.

The Hercules Tires Big South Basketball Championships will join an array of world class events hosted by Johnson City, which includes 12 NAIA Indoor Track & Field Championships, the PDGA Pro Masters Disc Golf World Championship, PDGA US Women's Disc Golf Championship, Bands of America Regional/National Championships, AAU National Invitational Baseball Championships, USSSA Baseball National Championships, Appalachian Athletic Conference Baseball Championships, USA Softball Olympic Team Exhibition Game, ASA/USA Softball Fastpitch National Championships for 30+ years.

Freedom Hall has played host to more than 2,500 events since its opening act featuring Bob Hope 50 years ago. Freedom Hall has served the Tri-Cities region for all forms of activities, concerts to rodeos, conventions to sports events, both local and professional.

The Big South's five previous neutral site conference tournaments were held in 1991-92 (men's – Civic Center of Anderson, S.C.), 1993-94 (men's – North Charleston Coliseum, S.C.), 1999-00 (men's and women's – Asheville Civic Center, N.C.), 2002-03 (men's and women's – Roanoke

Lady Bruins earn sportsmanship award

United Soccer Coaches announced last Friday the Team Ethics and Sportsmanship Award recipients for high school programs competing in the spring season.

The awards recognize a total of 36 teams across the country for exhibiting fair play, sporting behavior and adherence to the laws of the game.

Four teams earned the United Soccer Coaches Platinum Team Ethics Award for completing the entire 2024 Spring season without receiving either a yellow or red card.

The Team Ethics and Sportsmanship Award is given to United Soccer Coaches

members at four levels. Teams honored at the platinum level went an entire season without a player or coach receiving a yellow card or red card. Teams honored at the gold (1-10%), silver (11-30%) and bronze (31-50%) levels are based on a percentage calculated by the total number of cards received by players and coaches divided by the team's total number of games played.

The Blacksburg High School girls' soccer team has achieved silver level for the 2024 season. Only three girls' soccer programs from Virginia were honored.

Staff report

A new chapter for Aeneas Peebles



PHOTO COURTESY OF VT ATHLETICS

Duke graduate transfer Aeneas Peebles creates a different story as a Hokie.

Editor's note: Duke graduate transfer Aeneas Peebles should make a major difference for the defensive line at Virginia Tech this fall. He, in his own words, explains his unwritten book that led him to Blacksburg.

My father has been by my side my whole life — not just throughout football — and he always allowed me to pursue any sport I wanted. In high school, I played a lot of baseball and basketball, but I was blessed with the body and ability to play football at a high level, too. So, naturally, I gravitated to that sport the easiest, especially when they started throwing the curveballs!

My family has had a huge impact on me both on and off the field.

My father was a defensive tackle at App State, and my grandfather was an offensive lineman in the NFL. I have learned a lot from their experiences and attitudes towards the game, even though they played different positions.

But my mother also had a great influence on me by drawing from her amazing softball career. She taught me how to take a loss and how to have a "next pitch mentality" — or a "next down mentality." No matter what happens in the previous play, I know that I can always win the next one.

Off the field, my parents put a great emphasis on having good public speaking skills. This, along with being able to see their relationship with the media over the years, made me want to pursue a sociology and journalism degree at Duke.

I remember my parents making me speak to crowds and order for the entire table as a 10 or 11-year-old kid. They put me in a lot of 'embarrassing' situations, but that helped me grow. It was all about getting comfortable speaking in front of a camera and in front of groups of people. I know they did it because they love me and wanted me to grow as a person. And I'm so thankful for that.

Those life lessons and mentality are firmly planted within me, and I try to apply them to everything I do, including football.

In the Trenches

I love the different styles of playing defensive tackle. There's no cookie-cutter formula or player that is the prototypical defensive tackle. There are dominant

players of every shape and size.

We've got guys like Aaron Donald, who dominates the league at six feet tall and 285 pounds. Then we've got guys like Calais Campbell — also dominating the league, but six foot eight and 320 pounds. There are so many variations of guys like that with different strengths and weaknesses, and it gives you the freedom to be your own player.

Every day I step onto the field, I know that I'm doing one of the hardest things on the football field. At this position, you have to have something different about you. It's all about having that mentality. You have to be a bit of a freak to succeed in the trenches in the game of football.

Ready for Virginia Tech

I loved my four years at Duke, and I'll always be grateful for the opportunity to play at such a prestigious school. My last two years at Duke were very special because I felt like I was finally learning how to watch game film and dissect the strengths and weaknesses of my opponents.

When I was named to the All-ACC First team, I felt like all of the hard work and dedication had finally paid off. It was a great honor to represent Duke in such an elite group of players, and I'll always be grateful for that award.

I made many friends while at Duke, and that friendship goes beyond football. Even though I'm not playing with them now, I hope to maintain those friendships for the rest of my life.

After graduating from Duke, I transferred to Virginia Tech for my fifth year. I felt like I had to make a change and experience something new in my final year of college. The entire school welcomed me with open arms, and I hope to accomplish something special with this team, something that future teams will fondly look back on.

I'm blessed to be a part of such a great program here at Virginia Tech, and I can't wait to get on the field and compete with my brothers.

I have a strong foundation and mentality that I've learned from my family, and I'm going to do everything in my power to help us win and accomplish great things this year.

Virginia Tech Athletics

See **Basketball**, page 8



FILE PHOTO

Blacksburg's Wade Bland (center in white uniform) paced his team with 19 points and led all scorers in a 62-51 win over Christiansburg this past year.

Top Bruin transferring to Stuart Hall

Marty Gordon
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Blacksburg High School is losing its top returning boys' basketball players. Rising senior Wade Bland is moving to Stuart Hall and reclassifying to the class of 2026. He will now be listed as a 2026 graduate.

Bland averaged 15 points, seven rebounds, four assists and three steals per game while shooting 51 percent from the field and 37 percent from behind the arc.

He was named first-team All-River Ridge District and first-team All-Region 4D this past year.

Stuart Hall, which is located in Staunton, is listed as one of the top boarding schools in the state of Virginia with Grade 6 to Grade 1 with 205 total students.

Stuart Hall was undefeated in their VISAA Division IV this year and 15-5 overall. Coach Jeff Lafave is building back the school's athletic program after a year of no sports due to the COVID-19 pandemic.

Blacksburg student honored at Annual SkillsUSA championship

Atlanta, Ga. - Naisha Hudait, a student at Blacksburg High School, was awarded a Skill Point Certificate in Prepared Speech at the 2024 SkillsUSA Championships held in Atlanta on June 26-27.

More than 6,000 students competed at the national showcase of career and technical education. The SkillsUSA Championships is the largest skill competition in the world and covers 1.79 million square feet, equivalent to 31 football fields or 41 acres.

Students were invited to the event to demonstrate their technical skills, workplace skills and personal skills in 115 hands-on occupational and leadership competitions including robotics, automotive technology, drafting, criminal justice, aviation maintenance and public speaking. Industry leaders from 850 businesses, corporations, trade associations and unions planned and evaluated the contestants against their standards for entry-level workers. Industry support of the SkillsUSA Championships is valued at over \$36 million in donated time, equipment, cash and material. More than 1,200 industry judges and technical committee members participated this year.

All SkillsUSA Championships competitors were honored on Friday,

June 28 at the closing SkillsUSA Awards Session at State Farm Arena. As an indicator of proficiency, Skill Point Certificates were awarded to all national contestants who met a predetermined threshold contest score for their SkillsUSA event, demonstrating workplace readiness. Students can add this certificate to an employment portfolio.

"More than 6,000 students from every state in the nation participated in the 2024 SkillsUSA Championships," said SkillsUSA Executive Director Chelle Travis. "This showcase of career and technical education demonstrates SkillsUSA at its finest. Our students, instructors and industry partners work together to ensure that every student excels. This program expands learning and career opportunities for our members."

The SkillsUSA Championships event is held annually for students in middle school, high school or college/postsecondary programs as part of the SkillsUSA National Leadership & Skills Conference. The national, nonprofit partnership of students, instructors and industry is a verified talent pipeline for America's skilled workforce that is working to help solve the skills gap.

SkillsUSA

Sports notes: Former Highlander signs soccer deal

Marty Gordon
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DC Power Football Club have announced the signings of local Woodbridge natives Myra Konte, the 2021 NWSL 30th Overall draft pick and 2020 SEC Tournament MVP and decorated college star midfielder Alexeis "Alex" Kirnos, the first three-time Big South Tournament Champion in Radford University's history pending league and federation approval.

"We are proud to announce the additions of DMV natives Myra Konte and Alex Kirnos to our team," said Frédéric Brillant, Head Coach of Power FC. "Myra [Konte] and Alex [Kirnos] are valuable additions to our growing roster and will play key roles for our club this season. Konte provides us with great defensive acumen, strength on the ball, and will help fortify our backline. Alex [Kirnos] gives us versatility throughout the midfield and is a true two-way player. We are excited to have both players on our roster for the upcoming season."

Kirnos finished her career with 17 goals (including seven game-winning goals) and 21 assists in 86 appearances (74 starts) for the Highlanders. Kirnos finished her collegiate career with a stellar final season, becoming the first Radford women's soccer player to win three Big South Tournament championships in their career.

The 5-foot-7-inch midfielder was named to the Big South all-conference first-team and the United Coaches all-southeast second-team. She joined the USL W League Virginia Marauders FC for the Spring, 2024 season and was quickly identified as a young player ready to move up and offered a contract at the professional level.

Aluma, Catoor summer league

Former Virginia Tech men's basketball players Keve Aluma and Hunter Catoor are in Las Vegas for NBA 2K25 Summer League 2024.

Aluma (Philadelphia 76ers) and Catoor (Cleveland Cavaliers) will showcase their talents at the 11-day tournament. The event features all 30 NBA teams and runs July 12-22 at the Thomas & Mack Center and Pavilion on the campus of the University of Nevada, Las Vegas.

All 76 games will air live on ESPN platforms (ESPN, ESPN2, ESPNU, ESPN+ and ESPN3) or NBA TV. Every game will also be available to stream on the ESPN App.

Lane Stadium on toughest list

Basketball

from page 7

Civic Center, Va.) and 2022-23 (men's and women's - Bojangles Coliseum in Charlotte, N.C.)

For 40 years, the Big South Conference has been an exemplary leader in college athletics since its founding in 1983, dedicated to developing student-athletes through the pursuit of excellence in the classroom, community and field of play. The league's growing presence as an NCAA Division I athletic conference is made evident by its multitude of athletic accomplishments, innovative marketing and media partnerships, increased television packages and most importantly, its commitment to fostering the academic, personal, social, athletic and leadership development of its student-athletes. Comprised of nine member institutions sharing a common geographic region and similar academic values and purposes, the Big South's

remarkable history of achievement is characterized by the league's 19 championship sports and the profound academic and life successes of its more than 3,200 student-athletes.

This has evolved into the conference's "Where Winners Are Made" mantra as part of a strategic emphasis on becoming the premiere non-FBS conference in the Southeast through its six Core Values of Academic Centrality; Athletic Excellence; Equity, Diversity & Inclusion; Integrity; Sportsmanship & Fair Play; and Student-Athlete Welfare.

Freedom Hall Civic Center opened in 1974 on Liberty Bell Complex next to Science Hill High School. The arena was built by the City of JC to be used as an entertainment venue & additional space for the middle & high schools located on property.

Johnson City is in east Tennessee with a population of 72,514 people.

After EA Sports released its top 25 toughest places to play, various media outlets offered their perspectives on the most challenging stadiums in college football. Among them, The Athletic's Bruce Feldman, with his 30 years of experience covering the sport, curated his own top 10 list. Notably, he ranked Virginia Tech's Lane Stadium/Worsham Field at No. 5, placing it between Ohio State's Ohio Stadium and Florida's Ben Hill Griffin Stadium as one of the NCAA's premier battlegrounds.

The Athletic lauded Lane Stadium for its 'unique' atmosphere, drawing a comparison to the environment of No. 1 ranked LSU's Tiger Stadium. Feldman commented, "It only takes the first two seconds of 'Enter Sandman' to play, and I get goosebumps. It happens every time, even more than a decade later." The article highlighted how Lane Stadium transforms into an electrifying fortress, with "Enter Sandman" mirroring the Hokies' aggressive defensive style and their respected special teams.

Prior to the start of her fourth season with the Hokies, Jasmine Robinson has been selected to participate in the 2024 Global Challenge hosted in Pula, Croatia. The redshirt sophomore middle blocker will compete as a member of the BIP SE U23 team from July 15-19.

Robinson is the first player in Virginia Tech volleyball history to compete in the Global Challenge. In the 2023 season at Tech, she accumulated 43 kills and 25 total blocks.

The Global Challenge reaches its 19th year as an official international competition this summer. The Challenge provides athletes with the opportunity to gain international playing experience and meet individuals and coaches from all over the world.

Egner Paris bound

Incoming freshman Maxine Egner of the Virginia Tech women's swimming and diving team has qualified for the 100 free at the upcoming 2024 Paris Olympics. She will represent Botswana.

With Egner's qualification, the Hokies are now sending seven swimmers to Paris. Emily Santos, a fellow incoming freshman, is representing Panama and alumnus Ian Ho is representing Hong Kong. Carmen Weiler Sastre, Mario Molla Yanes, Carles Coll Marti, and Luis Dominguez Calonge are competing for Spain.

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WIDEX
HIGH DEFINITION HEARING

PETS OF THE WEEK

These pets and many others are available for adoption at the Montgomery County Animal Care and Adoption Center, 480 Cinnabar Rd., Christiansburg. Phone: (540) 382-5795.

Meet Little Billy! She is an older cat looking for a cozy spot to call home. Little Billy can be somewhat shy until she gets used to her surroundings, but she has lived with other cats in the past and currently shares a space in a Community Cat Room at the Animal Care and Adoption Center.



Alfie is ready to sniff out some fun. This hound is friendly and playful. For a future home with another dog, Alfie would require a meet-and-greet, as he is dog-selective. He would also benefit from some leash training.

CROSSWORD ANSWERS

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